

Navy Alcohol and Drug Abuse Prevention Program (NADAP)

Navy Alcohol and Drug Abuse Prevention is the primary responsibility of Naval Personnel Command. As of 14 Jan 02, Navy Alcohol and Drug Abuse Prevention Program (NADAP) was consolidated into one branch and realigned under PERS-66, Fleet and Family Support. Tobacco is now incorporated into the Behavioral Health Branch.

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NEHC Population Health Directorate/Health Promotion & Clinical Epidemiology (Clin. Epi.) Team coordinates their efforts with NADAP and BUMED on alcohol, drug, and tobacco prevention issues.

NEHC liaison for alcohol and drug prevention is:

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NEHC Health Promotion & Clin. Epi. Team Health Home Page

<http://www-nehc.med.navy.mil/hp>

Navy Drug Web Site (NAVDWEB) and “Right Spirit” Alcohol Abuse Prevention and Deglamorization Campaign Home Page

<http://navdweb.spawar.navy.mil>



PROGRAM OVERVIEW

Glossary of Abbreviations

ADCO – Alcohol and Drug Control Officer

ADMITS – Alcohol and Drug Management Information Tracking System

DAAR – Drug and Alcohol Abuse Report

DAPMA – Drug Alcohol Program Management Activity

DAPA – Drug/Alcohol Program Advisor

NADAP - Navy Alcohol and Drug Abuse Prevention Program

NPC (or **NAVPERSCOM** or **PERS**) – Naval Personnel Command

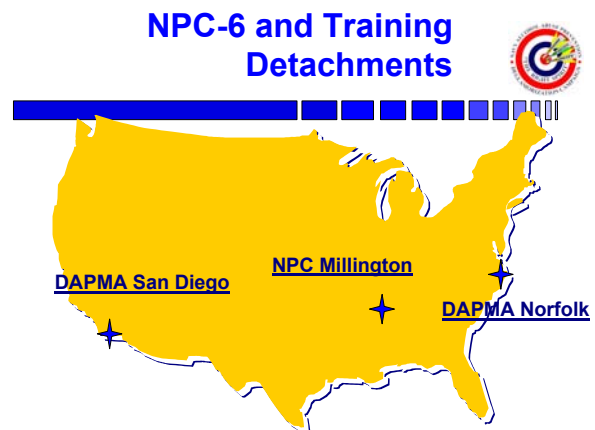
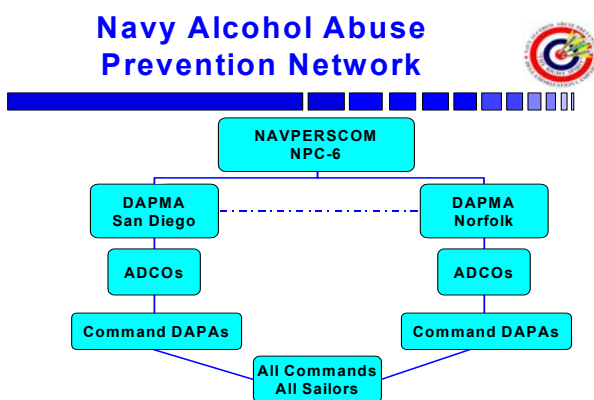
Prevention Programs

DAPMA East (Norfolk) and DAPMA West (San Diego) are Detachments of NPC that serve geographical areas on their respective coasts and OCONUS. The Mission of the DAPMAs is:

- To provide drug and alcohol abuse prevention education, training, and technical assistance to Navy commands.
- To act as curriculum manager for Navy Drug and Alcohol Program prevention education courses as assigned by NPC.
- To perform other functions and tasks as may be directed by higher authority.

Program Goals

1. Enhance Fleet readiness by reducing alcohol abuse and related incidents
2. Provide a safe and productive working environment.
3. Ensure Quality of Life for members, shipmates, and their families.
4. Navy Health Promotion Directors/coordinators/health educators interface with Command DAPAs and Navy Alcohol Treatment professionals on alcohol/drug abuse prevention activities.



Navy Alcohol Treatment

Managed by Department of the Navy Bureau of Medicine and Surgery (BUMED). Treatment programs are highly individualized, based on patient and operational needs, and employs the Continuum of Care model. For more information about Alcohol Treatment, contact the Department of the Navy Bureau of Medicine and Surgery.

Alcohol, and other Drug Abuse Prevention Education and Training Courses

Drug & Alcohol Program Management Activities (DAPMA)

DAPMA is the primary source for training courses. To download schedules, go to <http://navdweb.spawar.navy.mil>. Click on the "Education and Training" title on the left side of the page.

DAPMA San Diego DSN: 522-4964 Commercial: (619) 532-4964
<http://navdweb.spawar.navy.mil>, then select DAPMA San Diego on the left side of the page.

DAPMA Norfolk DSN: 564-8190/8193 Commercial: (757) 444-8190/8193
<http://navdweb.spawar.navy.mil>, then select DAPMA Norfolk on the left side of the page.

Courses Available

Drug and Alcohol Program Advisor (DAPA) Course

The five-day training course prepares the participant to work as a command Drug and Alcohol Program Advisor (DAPA), responsible to the commanding officer (CO) for the management and administration of the command's alcohol and drug programs. The DAPA course includes Navy policy and procedures, particularly OPNAVINST 5350.4C of 29 June 1999. This course focuses on prevention of alcohol abuse and drug use and aftercare monitoring.

OPNAVINST 5350.4C mandates that each command shall appoint in writing a primary DAPA and as many assistant DAPAs as needed and that each DAPA successfully complete the DAPA course within 90 days of appointment. Commands with 1,000 or more members shall assign a full-time DAPA. Commands with 500 or more personnel are strongly encouraged to assign a full-time DAPA with as many assistants as deemed necessary.

DAPMA Norfolk and San Diego provide the DAPA course in-house and via Mobile Training Teams (MTT). DAPMA Norfolk provides the DAPA course also by Video Tele-Training (VTT). Minimum attendance requirement for MTT classes is 15 students.

Alcohol and Drug Control (ADCO) Training

COMNAVPERSCOM recognizes that ADCOs are key players in assisting commands and command DAPAs with implementation of Navy policies regarding alcohol and drugs. ADCO training provides training on policies and current information.

Alcohol and Drug Abuse Managers and Supervisors (ADAMS) for Leaders

is a half-day seminar designed for commanding officers, officers in charge, executive officers, and command master chiefs and is a career requirement, per OPNAVINST 5350.4C. Other senior leaders are highly encouraged to complete ADAMS for Leaders. The Leaders course provides information needed to develop and evaluate effective command drug and alcohol programs. The course focuses on managing alcohol and drug

abuse issues at the command and community level. It is a practical leadership course in the prevention and deglamorization of alcohol abuse and the deterrence of drug use.

NAVPERSCOM DET Drug and Alcohol Program Management Activities (DAPMA) in Norfolk and San Diego deliver ADAMS for Leaders Course.

ADAMS for Supervisors is a mandatory one-day course for all E5 and above personnel in first-line supervisory positions. Department of the Navy civilians who supervise military personnel also attend ADAMS supervisor training.

This course is designed to provide Navy supervisors with the skills and knowledge to:

- Be a role model
- Prevent alcohol and drug abuse
- Observe individuals under their supervision
- Document evidence of substandard performance or misconduct
- Refer those individuals to the medical treatment facility (MTF) via the command DAPA for assessment
- Fulfill Aftercare responsibilities

NAVPERSCOM DET DAPMA Norfolk and San Diego provide the Supervisors Course. This course is also delivered by selected local command personnel who are trained and been certified as collateral duty ADAMS facilitators.

Alcohol and Drug Abuse Managers and Supervisors (ADAMS) for Facilitators

The Facilitators Course five days of classroom training is followed by a brief mandatory period during which the candidate **must** become certified before conducting ADAMS for Supervisors on a regular basis.

Commanding officers are encouraged to select qualified personnel to be trained and certified to provide the ADAMS Supervisors Course to their own commands as collateral duty facilitators. NAVPERSCOM DET DAPMA in San Diego and Norfolk provide Facilitator training and supervise the certification process. Certification is authorized by COMNAVPERSCOM (PERS-66).

ADAMS for Supervisors Facilitator candidates must:

- Be E-6 and above or O-3 and above (NOTE: Pay grade waivers may be requested by emailing p603g@persnet.navy.mil)
- Have a strong knowledge of Navy alcohol and drug programs
- Have a working knowledge of drug and alcohol abuse and alcohol dependence (alcoholism)

- Be sober for two consecutive years if a recovering alcoholic
- Be within the Navy's weight standards
- Have a minimum of one year remaining until Projected Rotation Date (PRD) or End of Obligated Service (EAOS), unless on a one-year tour

Urinalysis Program Coordinator (UPC)

This one-day (8-hour) course is recommended for Urinalysis Program Coordinators (UPC) in support of command level urinalysis testing. This course provides education and training in administration, collection and transportation of samples for testing at Navy Drug Screening Laboratories. This course also covers the **Navy Drug Screening Program (NDSP)**. Students learn how to install, operate and maintain this computer-based program that virtually eliminates the possibility of compromising the urinalysis testing process. The program incorporates both random name generation for those to be tested and selection of random testing dates indicating when tests occur.

Personal Responsibility and Values: Education and Training (PREVENT)

PREVENT is a 24-hour facilitated command prevention course that targets 18-26 year olds. **PREVENT** is to be used only for prevention education and health promotion and is not considered treatment.

Individuals with alcohol incidents should not be sent to **PREVENT** unless there is no other option or unless medical screening indicates they do not meet the criteria for **ALCOHOL-IMPACT** or other medical interventions. **PREVENT alone is not appropriate for a member who has been involved in an alcohol incident and is not a substitute for treatment.**

PREVENT focuses on a variety of behavioral issues, personal responsibility and Navy core values. Included are alcohol abuse and drug use, interpersonal responsibility, financial responsibility, health and wellness, life skills such as communications and decision-making, and personal responsibility for life-style choices.

PREVENT is available at specific locations throughout the Navy.

Commands at other sites may request the course. For special requests, contact NAVPERSCOM DET DAPMA in San Diego at DSN 522-4965/66, commercial (619) 532-4965/66, or NAVPERSCOMDET@dapmasd.pasd.navy.mil.

PREVENT schedule, sites, and points of contact (POC) for Quota Control can be accessed at the **PREVENT** web site: www.preventonline.org. This will improve access to scheduling **PREVENT** by commands.

Alcohol AWARE

ALCOHOL-AWARE is a mandatory four-hour, command-level alcohol abuse prevention and deglamorization course for all hands. Attendance is required within two years of accession.

The purpose is to make participants aware of the basic nature of alcohol; risks involved in using and abusing alcohol; Navy's expectations, instruction, and core values; and what is meant by responsible use of alcohol. Participants evaluate anonymously their pattern of drinking to determine if it is appropriate and to make adjustments as needed.

Commands are strongly encouraged to use AWARE, in whole or in part, in their indoctrination program, as refresher education, as part of alcohol abuse stand downs, or in any manner that best suits the command's alcohol abuse prevention and deglamorization efforts.

AWARE is designed for delivery by command DAPAs who also have instructor experience. AWARE can also be delivered by other command personnel who have experience or certification as follows:

- Navy Drug and Alcohol Counselors and Interns, NEC-9519 and NEC-9522.
- Military or civilian personnel with experience teaching Navy or other alcohol education or training courses, especially those certified as ADAMS facilitators.
- Military or civilian Navy Health Promotions Coordinators or officers. Navy HIV/AIDS facilitators or command training team members.
- Navy trainers or facilitators who have taught leadership courses, Equal Opportunity training, Navy Rights and Responsibilities.

AWARE technical assistance is available from NAVPERSCOM DET DAPMA in Norfolk and San Diego: DAPMA Norfolk at DSN 564-8190/93 or commercial (757) 444-8190/93 and San Diego at DSN 522-4979 or commercial (619) 532-4979.

U. S. Navy - "Zero Tolerance" Policy for Drug Abuse

This drug abuse prevention course will help and encourage Sailors to make healthy decisions. One of the most important decisions Sailors will be faced with addresses their desire to succeed in life by maintaining a drug free lifestyle. This course is designed to help Sailors understand that they are entering a phase of their life where the choices they make today will determine their direction and success in life.

POLICY, INITIATIVES, AND RESOURCES

OPNAVINST 5350.4 (Series)

Navy Alcohol and Drug Abuse Prevention Program policy. Currently updated to OPNAVINST 5350.4C (29 June 1999). Download from "Publications"
<http://www.nprdc.navy.mil/navdweb>

The Navy Drug Web Site (NAVDWEB)

Web site <http://www.nprdc.navy.mil/navdweb>

On the Assistant Chief of Naval Personnel for Personal Readiness and Community Support (PERS-6) Home Page. This page offers a wealth of Drug and Alcohol information and resources. It includes many of the original "Right Spirit" messages, information on treatment, education and training, and much more.

"The Right Spirit" Alcohol Abuse Prevention and Deglamorization Campaign

The Right Spirit is education coupled with leadership, deglamorization, intervention and accountability for all of us. The Right Spirit campaign emphasizes personal, shipmate, leadership and command responsibility while promoting healthy lifestyles for all Navy members. The Right Spirit is not prohibition. It requires only that members who choose to drink do so in a responsible manner. It emphasizes that it's okay not to drink and requires those in leadership to support members who choose not to drink and to guarantee respect for their choice. For more information, visit the "Right Spirit" Home Page <http://www.navdweb.spawar.navy.mil>

Publications:

NADAP E-Gram

This is a monthly online newsletter. Information contained in each NADAP E-GRAM provides command leadership, ADCOs, DAPAs and UPCs with information which can be integrated into their commands ongoing Prevention Program to reduce alcohol and drug abuse and related incidents

<http://www.navdweb.spawar.navy.mil>

The Right Spirit Review

A quarterly publication published by DAPMA San Diego. It is a worldwide, open forum for DAPAs, UPCs, CFCs, ADCOs, health promotion coordinators and other service members interested in contributing to the fight against alcohol and other drug abuse. The Editor can be contacted at

RSreview@dapmasd.pasdsd.navy.mil

Videos

There are many videos and Public Service Announcements (PSAs) that can be accessed via the NADAP website. For the complete list of available videos and PSAs, go to <http://www.nprdc.navy.mil/navdweb> and select Publications or NADAP Multimedia. Right Spirit videos can be ordered from [The Defense Automated Visual Information System/Defense Instructional Technology Information System \(DAVIS/DITIS\)](#). At the bottom of the page, enter "Right Spirit" as the search words, and select the Search button. Note: "The Right Spirit for Officers" can also be downloaded from the [Multimedia](#) area.

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|--|--------|
| <u>Right Spirit for Officers</u> | 806432 |
| <u>Freedom of Information Act- The People's Right to Know (Closed Caption)</u> | 505429 |
| <u>Navy Alcohol Treatment Program A Lifetime To Recovery</u> | 805931 |
| <u>The Right Spirit</u> | 806272 |

PowerPoint Presentations:

Ecstasy Awareness Training

Ecstasy (MDMA) is an amphetamine-based drug with hallucinogenic properties whose use has been on the rise in the military. The Navy has developed a comprehensive training program with PowerPoint presentation, "Ecstasy: Don't Let the Name Fool You!" available for immediate download on PERS-6 website:

<http://navdweb/spawar.navy.mil>

Ever Wonder Why DWI is Illegal? (Can be downloaded from "The Right Spirit website)

Computer Based Training (CBT)

Skills for Life is an interactive computer-based training course developed by Navy Personnel Command and Total Recall Learning (TRL). The course is designed to familiarize 18-23 year old sailors with Navy Core Values and provide facts necessary for making informed and sound personal decisions. The subject matter includes Navy Core Values and Navy Culture, alcohol, drug and tobacco use/abuse and their associated risks, financial responsibility, stress, suicide prevention, club drugs, facts about Ecstasy, and decision making skills. Skills for Life has many features, including an automatic e-mail forwarding of learning results as well a unique presentation algorithm (patent pending) that enhances memory retention of the learned material. Skills for Life is a fun and stimulating way to remediate or supplement classroom learning, but it should not be used solely as a substitute for any formal prevention-related course in the training pipeline.

- [Skills for Life](#) v4.4.1 (26Mb)
 - [Instructor Introduction to Skills for Life](#) ☐ ☐
 - [Student Introduction to Skills for Life](#) ☐ ☐

Right Spirit Posters

Posters are free and available through supply channels from:

Navy Publications Center, 5450 Carlisle Pike, Mechanicsburg, PA 17055-0789

Order by stock number at: www.nll.navsup.navy.mil

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| • You Are Accountable | NSN 0506LP0110260 |
| • You Are Responsible | NSN 0506LP0110250 |
| • Be A Good Leader | NSN 0506LP0110280 |
| • It's OK Not To Drink | NSN 0506LP0110270 |
| • There's No Way to Tell Who Might Develop an Alcohol Problem | NSN 0500LP0103480 |
| • Drinking is Dangerous for Lots of People | NSN 0500LP540700 |
| • Athletics and Drinking Don't Mix | NSN 0500LP0103410 |
| • Alcohol Abuse Can Destroy Families | NSN 0500LP0103420 |

Alcohol Awareness Month

APRIL - Annual campaign sponsored by the National Council on Alcoholism and Drug Dependence (NCADD), 12 West 21st Street, New York, NY 10010. Call (212) 206-6770. Web site: <http://www.ncadd.org>

Red Ribbon Week

Last week in OCTOBER – the Secretary of Defense declares DoD Red Ribbon Week. The campaign demonstrates a commitment by all segments of a community working together to prevent drug abuse and support drug-free youth. Low cost resources are available by contacting the National Clearinghouse for Drug and Alcohol Information (NCADI) at 1-800-729-6686 or www.health.org and click on the Quick Find & Order icon.

National Drunk and Drugged Driving (3D) Awareness Month

DECEMBER – Sponsored by the National Safety Council, 1121 Spring Lake Drive, Itasca, IL 60143-3201. Call (630) 285-1121; (800) 621-7619
Web site: <http://www.nsc.org>

Campaign Drug Free – America

Campaign Drug Free, sponsored by the Director of Naval Reserve, is an education project that delivers a simple message: “If you want to be a success, don’t use drugs.” Campaign Drug Free is a resource available to schools, organizations and communities that provides speakers and educational materials about the dangers of drug abuse and the importance of being drug free. Volunteer teams of both active duty force and Naval reserve force use specifically prepared and age-targeted videotapes to convey an anti-drug message to elementary, middle, and high school students. For more information and to request a free presentation or consultation, call TOLL FREE to Campaign Drug Free hotline at 1-800-554-4542.

Naval Safety Center

<http://www.safetycenter.navy.mil/>

Prevention Online (PREVLINe)

The National Clearinghouse for Alcohol and Drug Information, P. O. Box 2345, Rockville, MD 20847. Call 1-800-729-6686 or (301)-468-2600. <http://www.health.org/>

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

6000 Executive Boulevard – Wilco Building, Bethesda, MD 20892-7003.

Web site: <http://www.niaaa.nih.gov>

Catalog Companies with related Alcohol and Drug Health Education Products

Health EDCO, 1-800-299-3366 ext 295

ETR Associates, 1-800-321-4407

Krames, 1-800-333-3032

The Bureau for At-Risk Youth, 1-800-99-YOUTH (1-800-999-6884)

The Department of Defense (DoD) Alcohol Abuse and Tobacco Use Reduction Committee

The DoD Prevention Safety and Health Promotion Council (PSHPC) established the Alcohol Abuse and Tobacco Use Reduction Committee (AATURC). The Committee will advance Alcohol Abuse and Tobacco Use Reduction policy initiatives that are consistent with DoD readiness requirements and the Military Health System Strategic Plan goals of “Fit and Ready Force; and Healthy Communities at home and abroad, in peacetime and in conflict.” A NEHC Navy Health Promotion representative serves as a permanent member on this committee.

Collaboration between Navy Exchange and Medical Activities supporting Health Promotion Programs

The Navy Exchange Service Command (NEXCOM) is in an ideal position to influence the health and well being of the active duty, retirees, and their family members. NEXCOM has begun work with BUMED, NEHC and NPC to improve the availability of health information, delivery of screening programs and targeting problem behaviors from a community viewpoint. Current initiatives related to alcohol abuse prevention include strategies that support the “Right Spirit” such as: deglamorization of alcohol sales and designated driver display stations at the package store which market alcohol-free drinks.